



**SPECIAL  
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# Bear River Band Employee Newsletter

MARCH 2014

## Employee of the Month

Bear River would like to recognize the  
Employee of the Month!

### Juan Enriquez

Congratulations to Juan Enriquez, Tribal Youth Services Coordinator, the Employee of the Month for February!

Juan was nominated and selected for February's Employee of the Month because of his consistency in performing his job duties, his dedication to those he serves, and the care and compassion he emulates while performing his job functions. He displays enthusiasm for his role, dedication to Bear River, mission and values of his department and organization. For being selected Employee of the Month Juan will receive a day off with pay. Please join us in congratulating Juan for receiving this great achievement!

Be sure to submit your nominations for March's Employee of the Month to HR by the 25th.



# Safety Tip

## March is Workplace Eye Safety Month

### Here is some safety tips from Prevent Blindness

Office workers can take a few simple steps to help prevent eyestrain and fatigue.

Prevent Blindness suggests:

- Visit an eye doctor for a dilated eye exam to make sure you are seeing clearly and to detect any potential vision issues.
- Place your screen 20 to 26 inches away from your eyes and a little bit below eye level.
- Use a document holder placed next to your computer screen. It should be close enough so you don't have to swing your head back and forth or constantly change your eye focus.
- Adjust the text size on the screen to a comfortable level.
- Change your lighting to lower glare and harsh reflections. Glare filters over your computer screen can also help.
- Use a chair you can adjust.
- Choose screens that can tilt and swivel. A keyboard that you can adjust is also helpful.
- The Vision Council recommends the 20-20-20 break: every 20 minutes, take a 20-second break and look at something 20 feet away.

For more information and eye safety tips,  
go to [preventblindness.org](http://preventblindness.org)



**Safety**

**First!**



## Employee Assistance Program

**Human Resources would like to remind you that Bear River offers an Employee Assistance program. The following are services that are provided at no cost to you:**

### **Confidential Counseling**

Trained counselors with a master's or doctoral degree are just a phone call away. They'll listen to your concerns and quickly refer you to appropriate resources and providers.

### **Financial Information and Resources**

Contact a certified public accountant or certified financial planner for financial advice.

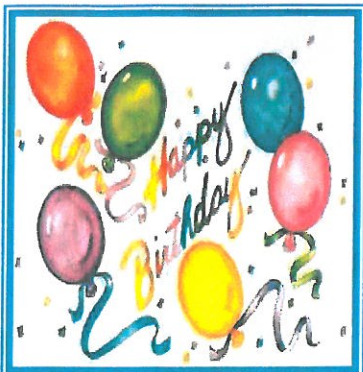
### **Legal Support**

Talk to an attorney by phone about divorce and family law, debt and bankruptcy, landlord/tenant issues, real estate transactions, and more.

**For more information or a brochure contact**

**Wendy Bates, HR Director, at ext 212**

## This Month's Birthdays



Delmer Keisner-11th

Manuel Solis-14th

Sasha Essig-28th

Dakota McGinnis-31st

Betty McGrady-31st

*Be sure to  
wish your  
coworkers  
a very  
happy  
birthday!*



# March



**March is a big month! It's the beginning of Spring, daylight savings time, Mardi Gras, National Professional Social Worker Month, and many other special events.**

**Here are three fun and quirky days that happen in March!**

## **World Water Day-March 22nd**

783 million people around the world still do not have access to clean water. Over 2.5 million people still do not have proper access to adequate sanitation facilities. To help address this the United Nations has set up World Water Day, a day where people can get involved in helping others reclaim some dignity, and improve their long-term health through access to clean and safe water.

For more information or to get involved check out [www.unwater.org](http://www.unwater.org).



## **Near Miss Day-March 23rd**

Near Miss day commemorates March 23rd, 1989, when a large asteroid missed the Earth by a mere 500,000 miles! The asteroid passed through the exact place that the Earth had been only six hours earlier. A collision with an asteroid of its size would have been the equivalent to 600 megaton nuclear weapons.

Fun Fact-Planets are not the only ones with moons! In 1993 the spacecraft Galileo discovered the asteroid 243 Ida that had its own moon, named dactyl. This was the first object to be found to have a moon of its own that wasn't a planet. Others have since been discovered but asteroid 243 Ida was the first to show us it was possible.



## **Take a Walk in the Park Day-March 30th**

What better way to celebrate Spring than to take a walk in the park? This day is a great opportunity for exercise and relaxation, taking a leisurely walk can be both calming and therapeutic. So why not visit a local park, have a picnic, or take a trip to the beach?

[www.parks.ca.gov](http://www.parks.ca.gov) has lots of great information about local parks and parks all over California!

